

Effect of Hypnobreastfeeding on Fatigue and Motivation to Breastfeed in Post Partum Mothers Starting on Day 3

Ida Watna, Rahmania Ambarika, Yuly Peristiwati

Masters Program of Public Health, Strada Institute of Health Sciences, Indonesia

ABSTRACT

Background: Fatigue is a condition in which individuals feel tired and reduce their physical and mental abilities and will not go away with rest. Mothers with postpartum fatigue have a higher risk of stopping breastfeeding. This study aimed to analyze the effect of hypno-breastfeeding on maternal fatigue and motivation for breastfeeding post-partum mothers starting on the 3rd day in the working area of the Arjasa Health Center.

Subjects and Method: Research with a Pre-Experimental design was conducted at the Arjasa Health Center, Jember, East Java in January 2023. A total of 33 mothers were selected by cluster sampling. The dependent variable is the fatigue of the postpartum mother and the motivation for breastfeeding. The independent variable is the provision of hypno-breastfeeding. Data was collected using the PFS and BMIMS questionnaires. Data were analyzed using paired sample T-test.

Results: Mother's fatigue before (Mean= 51.60; SD= 16.73) was higher than after (Mean= 36.06; SD= 7.45) given hypno-breastfeeding and was statistically significant ($p < 0.001$). Mothers' motivation in breastfeeding after being given hypno-breastfeeding treatment (Mean= 85.96; SD= 4.64) was higher than before (Mean= 68.80; SD= 14.66), and statistically significant ($p < 0.001$).

Conclusion: Hypno-breastfeeding is effective in reducing fatigue and increasing motivation in breastfeeding post-partum mothers.

Keywords: hypno-breastfeeding, postpartum mothers, fatigue, breastfeeding motivation.

Correspondence:

Ida Watna. Master's Program of Public Health, Strada Institute of Health Sciences, Indonesia. Jl. Manila No. 37, Tosaren, Kec. Islamic Boarding School, City of Kediri, East Java 64123. Email: danandeso79@gmail.com. Mobile: +62 823-3423-6376.

Cite this as:

Watna I, Ambarika R, Peristiwati Y (2023). Effect of Hypnobreastfeeding on Fatigue and Motivation to Breastfeed in Post Partum Mothers Starting on Day 3. *Indones J Med.* 08(02): 150-156. <https://doi.org/10.26911/theijmed.2023.08.02.04>.



Indonesian Journal of Medicine is licensed under a Creative Commons Attribution-Non Commercial-Share Alike 4.0 International License.

BACKGROUND

Post-partum is the period after childbirth, which can also be called the puerperium (puerperium), which is the period after childbirth that is needed for the recovery of the uterine devices, which lasts 6 weeks. Post-partum is a period of 6 weeks from the newborn until the reproductive organs return to their normal pre-pregnancy state (Bobak, 2010).

The birth process that expends a lot of energy and pressure requires the mother to be able to carry out all activities after giving birth, causing a post-partum mother to be vulnerable to fatigue. Labor that lasts more than 24 hours in primiparas and more than 18 hours in multiparas can cause symptoms such as dehydration, infection, maternal fatigue, asphyxia and fetal death in the womb (Sastrawinata, 2005). Mothers with

excessive fatigue are at high risk of stopping exclusive breastfeeding (de-Jager et al., 2013). Post-partum mothers often experience difficulties at the beginning of breastfeeding such as fatigue, little milk, sore nipples and so on.

Breast milk is a very important nutrient needed by babies, because it has a very high fat and calorie content as a source of energy, there are 70% vitamin A, 40% calcium and 37% riboflavin (Dewey, 2001). The very complete content of breast milk will benefit the baby in preventing disease, helping the healing process from disease and as a nutrient to increase the baby's immunity (Ministry of Health, 2015b).

Success in exclusive breastfeeding must be supported by effective lactation management (Mulder, 2006). IDAI (2009) explained that in the process of breastfeeding, strong mother self-management is needed with a focus on mother and child, as well as strength to achieve goals, namely self, child and family well-being. (IDAI, 2013b). However, the low coverage of breast-feeding is a threat to the growth and development of children (Afifah, 2007).

Hypno-breastfeeding is a relaxation technique to help mothers in the breastfeeding process, by providing positive affirmation sentences so that mothers become more-relaxed and calm in the breastfeeding process and are effective against anxiety and milk production in postpartum mothers (Sari, 2017).

Based on this preliminary study, the purpose of this study was to analyze the effect of hypno-breastfeeding on maternal fatigue and motivation for breastfeeding post-partum mothers starting on the 3rd day in the working area of the Arjasa Health Center.

SUBJECTS AND METHOD

1. Study Design

Research with a Pre-Experimental design was conducted at the Arjasa Health Center, Jember, East Java in January 2023.

2. Population and Sample

The population in this study were post-partum mothers starting on day 3 with ages 20-35 years as many as 37 people in the working area of the Arjasa Health Center. as many as 173 respondents with proportional random sampling. A total of 33 mothers were selected as samples in this study by cluster sampling.

3. Study Variables

The dependent variable is the fatigue of the postpartum mother and the motivation for breast-feeding. The independent variable is the provision of hypno-breastfeeding.

4. Operational definition of variables

Providing hypnobreastfeeding is an action to invite postpartum mothers to relax comfortably by involving the role of the mother's subconscious to accept positive suggestions given by researchers through audio. Audio is given 2 times a day from the 3rd post-partum day. The measuring tool uses the Standard Operating Procedure for Providing hypno-breastfeeding.

Post-partum maternal fatigue is a condition of being unable to restore energy (energy) after delivery, an increase in the need for rest. Measurement using the Post-partum Fatigue Scale (PFS) questionnaire.

Motivation for exclusive breastfeeding is the impetus of within or outside the mother to provide breast milk to her baby. The measuring instrument uses the Breast-feeding Motivational Instructional Measurement Scale (BMIMS) questionnaire.

5. Study Instruments

The instruments in this study were a questionnaire on the general characteristics of the respondents, a modified questionnaire from the Postpartum Fatigue Scale (PFS)

from (Pugh and Milligan, 1997) and the Breastfeeding Motivational Instructional Measurement Scale (BMIMS).

6. Data analysis

Univariate analysis was performed to describe the distribution of the independent variable fatigue and the dependent variable is the motivation for breastfeeding. Bivariate analysis using paired sample T-test was performed to compare the means of two variables in a single sample group.

RESULTS

1. Sample Characteristics

Table 1 shows the distribution according to the age of the respondents that all respondents were aged between 20 and 35 years. In the distribution according to the education of the respondents that most of their last education was Elementary School (SD) with a total of 19 people (57.5%). The majority of

Table 1. Sample Characteristics

Characteristics	Category	Frequency (n)	Percentage (%)
Age	20-35 years old	33	100
Education	Elementary school	19	57.5
	Junior high school	4	12.1
	Senior high school	4	12.1
	College	6	18.1
Work	Housewife	22	66.7
	Civil servant	0	0
	Self-employed	10	30.3
	Laborer	1	3.03
Parity	1 st child	0	0
	2 nd child	26	78.7
	3 rd child	6	18.1
	4 th child	1	3.03
	5 th child	0	0
Breastfeeding	Exclusive breastfeeding	28	84.5
	Non-Exclusive breastfeeding	5	15.5

2. Bivariate Analysis

Table 3 is the result of bivariate analysis using paired sample t-test. Table 3 shows the results of bivariate analysis, after giving the Hypno-breastfeeding treatment before (Mean=51.60; SD=16.73) experienced higher fatigue by mothers than after (Mean=

respondents' occupations based on distribution data show that the majority of housewives (IRT) with a total of 22 people (66.7%) provide exclusive breastfeeding as many as 28 people (84.5%).

Table 2 describes the distribution of maternal fatigue & motivation for breastfeeding post-partum mothers, most of the respondents had low fatigue with a total of 1 person (3%) before being given Hypno-breast-feeding. And after being given Hypno-breastfeeding the respondents had low fatigue with a total of 11 people (33.3%) and no respondents had severe fatigue. Most of the respondents had moderate motivation with a total of 25 people (75.8%) before being given Hypno-breastfeeding. After being given Hypno-breastfeeding the respondents had high motivation with a total of 33 people (100%).

36.06; SD= 7.45) and statistically significant (p<0.001).

Mean score mother's motivation in breast-feeding after hypno-breastfeeding (Mean= 85.96; SD= 4.64) was higher than before (Mean= 68.80; SD= 14.66), with p<0.001.

Table 2. Distribution of Mother's Fatigue & Motivation for Breastfeeding postpartum mothers before and after being given Hypnobreastfeeding

Variables	Category	Low		Moderate		High	
		n	%	n	%	n	%
Mother fatigue	Before	1	3.0	29	87.9	3	9.1
	After	11	33.3	22	66.7	0	0
Breastfeeding Motivation	Before	1	3.0	25	75.8	7	21.2
	After	0	0	0	0	3	100

Table 3. Differences in maternal fatigue and motivation before and after being given Hypnobreastfeeding therapy (Paired T-test)

Variables		Means	SD	p
Fatigue	Before	51.60	16.73	<0.001
	After	36.06	7.45	
Motivation	Before	68.80	14.66	<0.001
	After	85.96	4.64	

DISCUSSION

1. Fatigue of Post-Partum Mothers in Breastfeeding

Postpartum 7-14 days is the taking hold phase or the dependent phase which occurs between day 3 to day 10 in which in this phase the mother begins to be independent. This phase is at risk of postpartum depression which can be caused by various factors and some mothers have difficulty adjusting because they have to care for babies and do household chores (Smeltzer, 2007). Multiparas have more complex fatigue than primiparas because they have to meet all the needs of their children, do household chores, care for babies and breastfeed which of course requires a lot of energy.

Excessive fatigue is caused by mental and emotional stress which will make the adrenal glands work harder. The adrenal glands are the glands that are responsible for the body's adaptation to various kinds of stress. The more severe the stress and if it is not handled properly, the performance of the adrenal glands will decrease as a result of being forced to work hard to produce cortisol. People with impaired adrenal function have high or low cortisol levels throughout the day. When the adrenals are no longer

able to adjust cortisol to the needs of the body, so that the total cortisol increases, it will result in adrenal fatigue (Munoz, 2006).

Data on the demographic distribution of respondents showed that out of 33 respondents, there were 29 people who experienced fatigue in the moderate category where most mothers with multiparas were busy fulfilling the responsibilities of being a mother and wife. Only a small proportion of mothers take full rest in recovering after giving birth. Mothers with housewife status prefer to help their husbands' economy, such as cooking for laborers in the fields, looking after stalls or selling small items in front of their homes.

2. Mother's Motivation in Providing Breastfeeding to Post-Partum Mothers Starting on Day 3

Hariandja (2002) states that a person's motivation is supported by motives and drivers. Encouragement from within or outside the mother to provide breast milk to her baby is the mother's motivation for breastfeeding (BKKBN, 2009). After delivery, the levels of progesterone and estrogen drop dramatically, which allows prolactin to stimulate milk synthesis. Secretions and excretions persist for the first few days after the mother

gives birth. It was found that distention in the breasts was caused by temporary congestion of veins and lymphatic vessels not due to a buildup of milk (Bobak, 2004). Apart from that, pain can also come from sore nipples.

Data on the demographic distribution of respondents shows that only some are motivated by 25 people in the medium category, 1 person in the low category and 7 people in the high category. Most of the respondents were multiparous with the status of housewives and aged between 20-35 years but were unable to give exclusive breastfeeding. The age of 20-35 years is the ideal age because the reproductive organs are mature and the strength of the uterine contractions is maximum so that the elasticity of the uterine muscles will not decrease. The nutritional status of the mother after delivery also needs to be considered. After delivery which is followed by lactation for 6 months, if the fulfillment of maternal nutrition is lacking, the large number of parities with short gestation intervals causes exclusive breastfeeding to be not optimal.

The mother's lack of knowledge about breast care and support from people around will affect the mother's view of breastfeeding. Most of the respondents indicated that the views of their peers or family regarding breastfeeding were more reliable than asking a midwife or nurse at the posyandu. So that mothers say they prefer practical ones and don't make babies cry because of lack of food.

3. The Effect of Hypno-breastfeeding on Mother's Fatigue and Motivation for Breastfeeding in Postpartum Mothers Starting on Day 3

The Basic Concept of Hypno-breastfeeding is a relaxation technique that involves the subconscious mind of the postpartum mother by giving certain suggestions to achieve a goal, namely to convince the mother

that she is able to breastfeed comfortably and relaxed. This is done so that the mother experiences changes in psychological and physical terms. When the mother's body is in a relaxed state, positive suggestions are given so that it is embedded in the mother's subconscious regarding the new concept of breastfeeding (Dyanti, 2019).

The benefits of Hypno-breastfeeding when applied will provide benefits to the mother and baby. The benefits for the mother are that it can provide comfort and calm, reduce feelings of worry and over thinking so far, control emotions, minimize events of stress or depression after giving birth, facilitate recovery and accelerate uterine involution because the mother feels comfortable and happy during her postpartum period. (Hughes, 2017).

The benefits for babies are that babies can get enough nutrition they need, babies feel calm and not fussy in going through their growth period, build a bonding attachment between mother and baby so that it will create a generation that is smart and brilliant because their nutritional needs are fulfilled. Another advantage is that this technique is easily applied by any postpartum mother and does not require medication so that from an economic point of view it is very helpful for postpartum mothers (Hughes, 2017).

The results of research conducted by researchers in January, obtained 33 respondents spread across the working area of the Arjasa Health Center. The results of the analysis using the T test correlation statistical test showed that postpartum mother's fatigue and motivation in giving exclusive breast-feeding to post-partum mothers starting on the 3rd day $\leq \alpha$, which means that there is a significant relationship between postpartum mother's fatigue and motivation to give exclusive breastfeeding before and after being given Hypno-breastfeeding in the

working area of the Arjasa Health Center at a 99% confidence level.

In addition to psychological disturbances, the presence of physiological disturbances experienced by the mother such as sore nipples, enlarged breasts, small amount of milk is also at risk of reducing the motivation of mothers in exclusive breastfeeding. This causes blocking of the letdown reflex which will increase the vaso-constriction of the alveoli blood vessels so that the hormone oxytocin cannot reach the myoepithelium (Dunning and Giallo, 2012).

AUTHOR CONTRIBUTIONS

Ida Watna as the lead researcher who selects topics, collects data, analyzes data, and writes publication manuscripts. Rahmania Ambarika, Yuly Peristiowati as research members who assisted in preparing the publication manuscript.

ACKNOWLEDGEMENT

Researchers would like to thank to the postpartum mothers in the working area of Arjasa Health Center, Jember, East Java.

FINANCIAL AND SPONSORSHIP

This study is self-funded.

CONFLICT OF INTEREST

There is no conflict of interest in this study.

REFERENCE

- Afifah DN (2007). Faktor yang berperan dalam kegagalan praktik pemberian asi eksklusif. ResearchGate. 1–19.
- Bobak (2010). Buku ajar Keperawatan Maternitas, ECG: Jakarta.
- Dewey KG (2001). Nutrition, growth, and complementary feeding of the breastfed infant. *Pediatr. Clin. N. Am.* 48(1): 87–104. Doi: 10.1016/S0031-3955.
- Dewey KG (2001). Nutrition, growth, and complementary feeding of the breastfed infant. *Pediatr. Clin. N.* 48(1): 87–104. Doi: 10.1016/S0031-3955.
- De-Jager E, Skouteris H, Broadbent J, Amir L, Mellor K (2013). Psychosocial correlates of exclusive breastfeeding: a systematic review. *Midwifery.* 29(5): 506–518. Doi: 10.1016/j.midw.2012.04.009
- Dunning MJ, Giallo R (keampuhan dan kepuasan pada ibu bayi dan anak-anak. *J Reprod.* 30(2): 145–159.
- Dyanti, Ratih, Kumorowulan S (2019). Pengaruh massage effleurage punggung dan hypnobreastfeeding terhadap kadar kortisol dan produksi asi pada ibu masa nifas. Poltekkes Kemenkes Semarang.
- Hariandja ME (2002). Manajemen Sumber Daya Manusia. 1st edn. Edited by Y. Hardiawati. Jakarta: Grasindo.
- Hughes O, Mohamad M, Doyle P, Burke G (2017). The significance of breastfeeding on sleep patterns during the first 48 hours postpartum for first time mothers. *J. Obstet. Gynaecol. Res.* 38: 1-5. Doi: 10.1080/01443615.2017.1353594.
- Kemenkes RI (2015b). Mari Dukung! Menyusui dan Bekerja, pp. 1–6.
- Mulder PJ (2006). A Concept Analysis of Effective Breastfeeding. *J. Obstet. Gynecol. Neonatal Nurs.* 35(3): 332–339. Doi: 10.1111/j.1552-6909.2006.00050.x.
- Munoz C (2006). Postpartum Depression: Detection and Treatment in the Primary Care Setting. *J Nurse Pract.* 2(4): 247–253. Doi: 10.1016/-j.nurpra.2006.02.008.
- Sari LP, Salimo H, Budihastuti UR (2019).

Hypno-breastfeeding Dapat Menurunkan Kecemasan Pada Ibu Post Partum. *J. Keb. Kesh. Trad.* 4(1): 20–27. Doi: 10.37341/jkkt.v4i1.95.

Sastrawinata S (2005). *Obstetri Patologi*. 2nd edn. Jakarta.

Smeltzer SC (2007). Pregnancy in Women with Physical Disabilities. *JOGNN Clinical Issues*. 36: 88–96. Doi: 10.11-11/-J.1552-6909.2006.00121.x.